



EXTREME HEAT PRECAUTIONS

Prolonged exposure to extreme heat and humidity can be life threatening. The City of Nashua Division of Public Health & Community Services recommends that Nashua residents and visitors take the following precautions to protect themselves during the heat wave.

- Stay indoors as much as possible.
- Slow down and avoid strenuous activity. Do not try to do too much on a hot day.
- If your home is not air conditioned, go to a place where you can get relief from the heat, such as air conditioned shopping malls, libraries, theaters or other community facilities that may offer refuge during the warmest times of the day.
- Children and seniors and those with heart and lung diseases (including asthma) are most at risk of heat-related illness.
- Check on the welfare of family, friends and neighbors. Call 9-1-1 immediately for anyone who is unresponsive or otherwise suffering from the effects of heat.
- Never leave children or pets alone in a closed vehicle for any length of time.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you do not feel thirsty. Attempt to stay hydrated.
- Limit intake of alcoholic and caffeinated beverages. They can actually lead to dehydration.
- Eat well-balanced, light, regular meals.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.
- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating.
- If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.
- Exercise caution in plugging in air conditioners or fans. Do not use extension cords or plug in too many appliances on the same circuit.

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Watch out for these Health Signals!

Heat cramps: Heat cramps are muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat. Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and replenish fluids. Give a half glass of cool water every 15 minutes. Do not give liquids with alcohol or caffeine in them, as they can cause further dehydration and make conditions worse.

Heat exhaustion: Cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness and exhaustion. One's body temperature may be normal, or is likely to be rising. Get the person out of the heat and into a cooler place. Remove or loosen tight clothing and apply cool, wet cloths such as towels or sheets. If the person is conscious, give cool water to drink. Make sure the person drinks slowly. Give a half glass of cool water every 15 minutes. Let the victim rest in a comfortable position, and watch carefully for changes in his or her condition.

Heat stroke: Hot, red skin; changes in consciousness; rapid, weak pulse and rapid, shallow breathing. Body temperature can be very high--sometimes as high as 105 degrees F. If the person was sweating from heavy work or exercise, skin may be wet; otherwise, it will feel dry. Heat stroke is a life-threatening situation. **Help is needed fast! Call 9-1-1** or your local emergency number.